9th kyu to Shodan System Studies

MEDITATION- At beginning of practice the instructor may say, **"*Mokusoo*"** (meditation or quiet thought).

Basic "Spirit Warrior" Process - Sit in *seiza*, close your eyes, look up at a 45% angle as if you are looking out the center of your forehead. Clear any thoughts from your mind, imagine a shaft of pure white light coming down from the top crown of your head through the center of your body to your tailbone. Breathe into this shaft of light, expanding this light outward from the core of the shaft in all directions at the same time by using your breath until it's about a foot past your physical body, pushing out of you any unwanted energy or thoughts. Claim this space as your own.

Be free and centered in mind, body & spirit.

Instructor says **"*Yame*" ("stop")** end meditation, open your eyes.

JUNAN TAISO (Muscle flexibility & conditioning skills)

Muscle stretching and body conditioning should be done before and after practice.

UKEMI GATA TAIHENJUTSU (ground hitting skills, breakfalls, rolling)

Zenpo Ukemi (forward breakfalls)

1. Zagata (kneeling)
2. Shizen (standing)-Ryote (two hands) Katate (one hand)
3. Tsuki (punching/kicking from breakfalls)

Koho Ukemi (backwards breakfalls)

Yoko Nagare Ukemi (sideways breakfall)

Zenpo Kaiten (forward rolling), Naname (diagonal)

1. Ryote (two hands)
2. Katate (one hand)
3. Mute (no hands)

Koho Kaiten (backwards rolling breakfall without raised leg)

1. Ryote (two hands)
2. Katate (one hand)
3. Mute (no hands)

Sokuho Kaiten (side roll)

Oten (Cartwheels)

Ryote (two hands)

Katate (one hand)

Hicho Kaiten (both height and distance rolling breakfalls)

Yokonagashi Zenpo Ukemi (ground drop)

Sanpo (walking)

Kiten (handsprings)

Kuten (front and back flips - no hands).

Shiho Tenchi Tobi (directional Heaven-Earth leaping techniques)

1. Sokuho Tobi (sideways leap)
2. Fudoza Tobi (leap up with legs tucked)
3. Zenpo Tobi (front leap)
4. Koho Tobi (backwards leap)

Shoten No Jutsu (running up surfaces)

Kuhi (flying techniques)

Shinobi Aruki (silent movement) Tai Sabaki (body evasion)

Nobori Kata (climbing buildings, trees, poles)

Stealth (ground crawling)

Inton (concealment/escape)

9th kyu to Shodan Study Material

SHINKEN TAIHENJUTSU - Muto Dori Gata
(Sword Evasion Forms)

Hira
Ichimonji
Jumonji

KAMAE - Basic Taijutsu Postures (there are many more)
Seiza No Kamae
Shizen No Kamae
Kongo Gassho No Kamae
Ichimonji No Kamae
Hira No Kamae
Jumonji No Kamae
Kosei No Kamae
Hicho No Kamae
Hoko No Kamae
Doko No Kamae
Ihen No Kamae
Fudoza No Kamae

SANSHIN NO KATA

Chi No Kata (EARTH)
Sui No Kata (WATER)
Ka No Kata (FIRE)
Fu No Kata (WIND)
Ku No Kata (VOID)

KIHON HAPPO GATA - Eight Fundamental Forms
Koshi Sanpo Methods
1. Ichimonji No Kamae
2. Hicho No Kamae
3. Jumonji No Kamae

Torite Goho Methods
1. Omote Gyaku (outward wrist reversal)
2. Oni-kudaki or Omote Gyaku Ken Sabaki Gata (against a punch)
3. Ura Kote Gyaku (inward wrist twist)
4. Musha Dori - Ude Jime Ashi Ori Gata (elbow lever than kick leg)
5. Ganseki Nage (throw)

DAKENTAIJUTSU - Techniques of Striking

Hokenn Juroppo — Sixteen Treasured Fists
1 Kikaku-Ken — Demon Horn Fist (striking with the head)
2. Shuki-Ken — Hand Wake Up Fist (striking with the elbow)
3. Fudo-Ken — Unmoving Fist (clenched fist/immovable fist)
4. Kiten-Ken — Turning Wake Up Fist (half open sword hand, Shuto)
5. Shishin-Ken — Finger Needle Fist (use the little finger)
6. Shitan-Ken — Finger End Fist (uses three fingers primarily)
7. Shako-Ken — Mantis Crab Fist (thrust with fingers/palm)

9th kyu to Shodan Study Material

8. Shito-ken — Finger Sword Fist (striking with the thumb)
9. Shikan-ken — Finger Ring Fist (hit using extended knuckles)
10. Koppo-ken — Bone Method Fist (use of extended thumb knuckle
11. Happa-ken — Eight Leaf Fist (palms of both hands)
12. Sokuyaku-ken — Foot Dance Fist (heel/sole kick)
13. Sokki-ken — Foot Wake Up Fist (striking with the knee)
14. Sokugyaku-ken — Reverse Foot Fist (striking with extended toes)
15. Tai-ken — Body Fist (striking/crushing with the body)
16. Ki-ken — Spirit Fist (striking from afar with mind/spirit)

HAJUTSU KUHO (Breaking Out Art Nine Methods)

1. Tehodoki (freeing the hands)
2. Taihodoki (freeing the body)
3. Oyagoroshi (killing the thumb)
4. Kogoroshi (killing the little finger)
5. Koshi-kudaki (crushing the hips)
6. Happo-geri (eight directional kicking)
7. Keri-kudaki (kick crusher)
8. Ken-Kudaki (fist crusher)
9. Secret

GYAKU WAZA (Reversal Techniques)

1. Takeori - (outside/inside)
2. Omote-gyaku (outside reversal)
3. Ura-gyaku (inside reversal)
4. Hon-gyaku (base reversal)
5. Omote Oni-kudaki (outside demon crusher)
6. Ura Oni-kudaki (inside demon crusher)
7. Musha-dori (warrior capture)
8. Muso-dori (warrior pair capture)
9. Ogyaku (great reversal)

SHIME WAZA GO-KATA - Five Strangulation Techniques

1. Hon-jime (base strangle)
2. Gyaku-jime (reverse strangle)
3. Itami-jime (pain strangle)
4. Sankaku-jime (triangular strangle)
5. Do-jime (torso strangle)

9th kyu to Shodan Study Material

NAGE WAZA (Throwing forms)

1. Ganseki nage (rock throw)
    a. Ganseki-otoshi (rock drop)
    b. Ganseki-oshi (rock press)
    c. Ganseki-ori (rock break)
2. Hari goshi (sweeping hip throw)
3. Gyaku Nage (reversal throw)
4. Taki-Otoshi (cataract drop) waterfall straight down
    a. Seoi-nage (back throw)
    b. Koshi-nage (hip throw)
5. Oosoto nage (great outside hook throw)
6. Uchi-Mata Uchi-Gake (inner thigh inside hook throw)
7. Hane-Koshi Nage (snapping hips throw)
8. Itami-Nage (pain throw)
9. Ryusui-Nage (flowing water movement)
    a. Tomoe-nage (whirl throw)
    b. Tachi-nagare (standing flow)
    c. Yoko-nagare (sideways flowing)
    d. Temakura (hand pillow)
    e. Kuruma-nage (wheel throw)

WEAPONS - Basic usage

1. Hanbo - 3 ft wooden staff (Hakkyu 8th)
2. Tanto - Knife (Nanakyu 7th)
3. Kusari Fundo - rope/weighted chain (Rokkyu 6th)
4. Shuriken - throwing blades (Gokyu 5th)
    a. Senban -flat blades
    b. Bo - long pointed spikes
5. Rokushakubo - 6 ft wooden staff (Yonkyu 4th)
6. Katana - Sword kamae bokken(wood) /shinken (live) (Sankyu 3rd)
   Kenjutsu Shinobi Iai - sword draws (Nikyu 2nd)
7. Shuko - hand claws (Nikyu 2nd)
8. Kyoketsu Shoge - ring, chord, dagger (Ikkyu 1st)
9. Metsubushi- blinding substances (Ikkyu 1st)
10. Guns- handling/shooting (Shodan)